

**ABSTRACT OF THE DISCLOSURE**

A file binding system for efficiently securing documents within a file. The file binding system includes an elastic loop member, a bead member attached to the loop member and a locking member slidably positioned about the loop member. The locking member frictionally engages the loop member for allowing reduction or enlargement of the loop member. The locking member is preferably comprised of a ring structure with an aperture sized to frictionally receive the loop member. The locking member is positioned between the bead member and a distal portion of the loop member.